

# **A summary of Dunfermline and West Fife Community Health Partnership results from the Scottish Health Survey 2008-11**

## **1. Summary**

This paper presents a brief background to the Scottish Health Survey and a summary of the results from adults interviewed in the Dunfermline and West Fife Community Health Partnership (CHP) area in 2008-11. Key results for Dunfermline and West Fife are shown in Appendix 1 with comparisons to Fife as well as the other two CHP areas. Detailed results can be found in the full report and in associated resources.<sup>1</sup>

## **2. The Scottish Health Survey**

The Scottish Health Survey (SHeS) is a national survey of health and health behaviours which collects information from the population living in private households in Scotland.<sup>2</sup>

It is designed to make a major contribution to the monitoring of health in Scotland by providing estimates of the prevalence of a range of health conditions, information on health related behaviours and data to monitor progress towards local and national health and wellbeing targets not available from other sources.

Since 2008 the SHeS has had a new continuous survey design with the sample being built up annually over a four year period.

## **3. The Scottish Health Survey in Fife**

The new SHeS design, with an annual sample of approximately 400 Fife adults, and a boost of 200 adults funded by NHS Fife since 2008 has provided an opportunity to have a larger sample of Fife residents every two years and the relatively unique opportunity to produce CHP results from the 2008-11 surveys.

## **4. Fife and CHP 2008-11 Results**

### **4.1 The Sample**

This report summarises results from surveys in Fife between 2008 and 2011. Over this period, **2,741 adults** across Fife participated in the surveys. This provided a sample size of **918** adults in Dunfermline and West Fife CHP which allowed results to be presented separately for men and women. Results for Dunfermline and West Fife CHP are shown in Appendix 1.

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<sup>1</sup> Full report available at [www.nhsfife.org](http://www.nhsfife.org) (use A-Z to search for public health)

<sup>2</sup> The Scottish Government. Edinburgh: The Scottish Health Survey 2011 Main Report Available from: <http://www.scotland.gov.uk/Publications/2012/09/7854>

## 4.2 General Health and Mental Wellbeing

Questions in this section provide information to contribute to the monitoring of a number of national strategic objectives including improving self assessed health and mental wellbeing.<sup>3</sup>

75% of adults in Dunfermline and West Fife CHP rated their general health to be 'good' or 'very good' which was the same proportion as reported for Fife as a whole. A further 7% rated their health as 'bad or very bad, similar to Fife.

27% of adults in Dunfermline and West Fife CHP (the same as Fife) reported a limiting long term condition (defined as a physical or mental conditions or disabilities that had affected, or were likely to affect the person, for at least a year).

Positive mental health is measured by the WEMWBS scale with a higher score from a possible 14 to 70 indicating more positive wellbeing. The 2008-11 results showed that adults in Dunfermline and West Fife CHP had the highest WEMWBS scores of 50.1 compared to 49.9 in Fife as a whole and Glenrothes and North East Fife CHP and 49.5 in Kirkcaldy and Levenmouth CHP.

Life satisfaction scores were similar across the CHPs and in Fife with a score of 7.5 (from a scale of 0-10 extremely satisfied) reported in Dunfermline and West Fife CHP which was the same as that for Kirkcaldy and Levenmouth CHP. Scores of 7.6 and 7.7 were reported for Fife and Glenrothes and North East Fife CHP.

## 4.3 Dental Health

The SHes looks at dental health in terms of the prevalence of natural teeth and dental health problems. In the 2008-11 survey, Dunfermline and West Fife CHP had the lowest proportion of adults who reported having no teeth, 11%. This compared to 13% of Fife adults and proportions of 12% and 16% in Glenrothes and North East Fife CHP and Kirkcaldy and Levenmouth CHP respectively.

## 4.4 Alcohol Consumption

Guidelines for sensible levels of alcohol consumption state that women should drink no more than 2-3 units per day and men no more than 3-4 units with a recommendation that everyone should have at least two alcohol free days per week. In addition weekly consumption should be not be greater than 14 units per week for women and 21 units per week for men. The SHes collects information to monitor adherence to these guidelines.<sup>1</sup>

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<sup>3</sup> The Scottish Government [Internet]. Edinburgh: National Outcomes: Healthier Lives. Available from: <http://www.scotland.gov.uk/About/Performance/scotPerforms/outcome/healthier>

Average reported weekly alcohol consumption was calculated to be 16.7 units for men and 8.5 units for women in Dunfermline and West Fife CHP with the value reported for women being the highest in Fife. 28% of men and 20% of women in Dunfermline and West Fife CHP drank beyond sensible weekly limits, the same proportion as among men in Fife, but higher than the 18% reported among Fife women.

Further categorisation of weekly drinking showed that Dunfermline and West Fife CHP had the highest proportion of both men (23%) and women (16%) drinking to 'hazardous' levels (not currently causing harm but may do so in the future) and the largest proportion of women (4%) drinking to 'harmful' levels which may already be causing physical, psychological or social harm.

44% of men and 38% of women in Dunfermline and West Fife CHP reported drinking more than the recommended daily amount of 2-3 units or 3-4 units respectively. These were the highest proportions in Fife. Average daily consumption in Dunfermline and West Fife CHP was 6.2 units among men and 3.5 units among women.

49% of men and 43% of women exceeded both weekly and daily drinking limits. The majority, 86% of men and 92% of women in Dunfermline and West Fife CHP reported that they had at least two alcohol free days each week.

Binge drinking, defined as consuming more than 6 (women) or 8 (men) units on any one occasion, was reported by 28% of men and 18% of women in Dunfermline and West Fife CHP which was higher than in Fife and the other CHPs.

#### **4.5 Smoking**

In 2008-11, reported cigarette smoking prevalence in Dunfermline and West Fife CHP was 27%, 26.7% among men and 28% among women. This was the only CHP where smoking was reported more often among women than men with smoking rates higher than those in Fife as a whole for women (24.7%) but lower among men (28.3%). Half of all adults in DWF CHP reported they had never smoked with 23% describing themselves as ex-smokers.

#### **4.6 Physical Activity**

As part of the national physical activity strategy adults are advised to take part in 30 minutes of moderate physical activity on at least five days of the week. The SHeS focuses on participation in sports and structured exercise, walking, home based activities and activity at work to monitor progress towards physical activity targets.<sup>2</sup>

Home based activities classed as heavy housework were the most frequently reported physical activities in Dunfermline and West Fife CHP undertaken by 53% of men and 63% of women. Sports and exercise were the second most commonly reported by 51% of men and 43% of women. On average men in

Dunfermline and West Fife CHP spent 2.4 hours per week doing sports and exercise and less than 1 hour doing heavy housework. In contrast women spent 1.9 hours on heavy housework and 1.2 hours doing sports and exercise.

36% of adults in Dunfermline and West Fife CHP achieved the recommended weekly amount of physical activity, 41% of men and 32% of women, compared to 37% in Fife. This was the same proportion as reported in Kirkcaldy and Levenmouth CHPs but slightly lower than the figure of 39% in Glenrothes and North East Fife CHP.

#### **4.7 Fruit and Vegetable Consumption**

Survey respondents were asked how many portions of both fruit and vegetables they had eaten in the previous 24 hours to calculate the proportions consuming five portions of fruit and vegetables that day which is one of the key health improvement messages.<sup>1</sup>

Consumption of five or more portions of fruit and vegetables was low, reported by 23% of adults in Dunfermline and West Fife CHP and across Fife. Consumption was higher in Glenrothes and North East Fife CHP at 26% with proportions of 21% in Kirkcaldy and Levenmouth CHP. Women were slightly more likely than men to report consuming five portions, 23% of men and 24% of women in Dunfermline and West Fife CHP.

Consuming no portions in the 24 hours prior to the survey was reported by 10% of women and 8% of men in Dunfermline and West Fife CHP which was the only CHP to have a greater proportion among women than men.

#### **4.8 Obesity**

Body Mass Index (BMI) calculated from the height and weight (kg/m<sup>2</sup>) of respondents measured by the interviewer is a widely accepted measure that allows for differences in weight due to height. This information is used to monitor progress towards the national long term outcome of 'having the majority of Scotland's adult population in normal weight throughout life'.<sup>4</sup>

In 2008-11 the majority of adults (68%) in Dunfermline and West Fife CHP had a BMI which exceeded the normal weight range so were classed as overweight or obese. Men were more likely than women to be overweight (including obese), 71% compared to 65% but 33% of both men and women were obese. This level of obesity was higher than reported for Fife as a whole and the highest of all the CHPs for obesity among men.

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<sup>4</sup> The Scottish Government [Internet]. Edinburgh: Indicators to Monitor Progress of the Prevention of Obesity Route Map Available from: <http://www.scotland.gov.uk/Resource/0038/00386316.pdf>

## 4.9 Multiple Risk Factors

Five risk factors have been identified as contributing approximately 90% of the total burden of disease in countries such as the United Kingdom.<sup>4</sup> These factors are smoking, excessive alcohol consumption, poor diet, physical inactivity and being overweight (incl. obesity).<sup>5</sup>

Less than 2% of adults in Dunfermline and West Fife CHP had no risk factors, which equates to 98% of adults having one or more risk factor. Dunfermline and West Fife CHP had the largest proportion of adults with all five risk factors (3.1%). Men (3.5%) were more likely than women (2.5%) to report all five risk factors.

The most common number of risks was three with 38% of men and 37% of women in Dunfermline and West Fife CHP reporting this number. The most common combination of three risk factors was to be overweight or obese, be physically inactive and not eat the recommended five portions of fruit and vegetables which was found among 18% of men and 22% of women in Dunfermline and West Fife CHP.

## 4.10 Cardiovascular Disease

Many of the targets and initiatives relating to smoking, alcohol consumption, diet, physical activity and obesity have the potential to impact on cardiovascular disease (CVD).

Respondents were asked whether they had suffered from a list of conditions classed as cardiovascular disease and had been told this by a doctor. The prevalence of any cardiovascular disorder in Dunfermline and West Fife CHP was 16% the same proportion as Fife. When diabetes was included with these conditions prevalence rose to 19%.

## 5. Conclusions

The Scottish Health Survey is a vast resource of information on health and health related behaviours. These results show us how Dunfermline and West Fife compares to Fife and the other two areas. As data collection continues we will be able to monitor progress within each area in key health improvement areas in future reports.

Detailed results can be found in the full report and within a spreadsheet on the Public Health pages at: [www.nhsfife.org](http://www.nhsfife.org). Key results from the 2008-11 Fife Scottish Health Survey are available on the KnowFife dataset.

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<sup>5</sup> The Scottish Government. Edinburgh: The Scottish Health Survey 2010 Main Report Available from: <http://www.scotland.gov.uk/Publications/2011/09/27084018/0>

## **6. Summing Up**

Adults in DWF CHP had the largest WEMWBS score of 50.1, a higher score from a minimum of 14 to 70 is indicative of more positive mental wellbeing.

11% of adults in DWF CHP had no natural teeth compared to 13% in Fife.

20% of women in DWF CHP exceeded weekly drinking limits, the highest proportion of women in Fife.

44% of men and 38% of women drank more than daily drinking limits, the highest proportions in Fife.

Binge drinking was recorded among 28% of men and 18% of women, higher levels than in Fife and the other CHPs.

27% of adults in DWF CHP were current smokers compared to 26% in Fife.

Recommended levels of physical activity were achieved by 36% of adults in DWF CHP, just lower than the 37% in Fife

23% of adults in DWF CHP consumed 5 portions of more of fruit and vegetables daily compared to 24% in Fife.

A third of both men and women in DWF CHP were obese, the greatest proportion of men in Fife.

DWF CHP had the smallest proportion of adults with no risk factors, 1.9% compared to 3% in Fife.

3.1% of adults in DWF CHP had five risk factors compared to 2.8% in Fife.

19% of adults in DWF CHP reported they had a CVD condition and/or diabetes compared to 20% in Fife.

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**APPENDIX 1: KEY FIFE and CHP SCOTTISH HEALTH SURVEY 2008-11 RESULTS**

	Fife			DWF CHP			GNEF CHP			K&L CHP		
	M	F	All	M	F	All	M	F	All	M	F	All
<b>Good or Very Good Self Assessed Health</b>	76	73	75	76	74	75	76	77	77	74	68	71
<b>Limiting Long Term Conditions</b>	25	29	27	26	28	27	25	28	26	26	31	29
<b>WEMWBS Score</b>	49.9	49.8	49.9	50.3	49.9	50.1	49.5	50.3	49.9	49.8	49.2	49.5
<b>Life Satisfaction Score</b>	7.6	7.6	7.6	7.6	7.5	7.5	7.7	7.7	7.7	7.7	7.4	7.5
<b>No Natural Teeth</b>	10.5	14.4	13	8	13	11	10.6	14	12	13.9	17.5	16
<b>Exceeds weekly drinking limits</b>	28	18	-	28.2	19.7	-	27	18.3	-	28.8	15.6	-
<b>Exceeds daily drinking limits</b>	43	33	-	44	38	-	42	31	-	43	27	-
<b>Exceeds weekly and daily limits</b>	48	37	-	49	43	-	46	35	-	49	30	-
<b>Binge drinking</b>	26.1	15.2	-	28.1	18.1	-	26.3	13.8	-	22.8	13.1	-
<b>Current smokers</b>	28.3	24.7	26.4	26.7	28.0	27.3	26.8	19.2	22.8	32.9	27.3	29.9
<b>Achieved physical activity levels</b>	43	32	37	41	32	36	45	34	39	42	31	36
<b>Ate 5 daily portions of fruit and vegetables</b>	21.3	25.9	24	22.8	23.8	23	22.6	28.9	26	16.8	25.1	21
<b>Overweight</b>	70.4	62.8	67	70.5	64.5	68	71.5	58.6	65	68.7	66.2	67
<b>Obese</b>	29	32	31	33.4	32.7	33	24.3	28.8	27	28.7	35.6	32
<b>Five Risk Factors</b>	3.4	1.9	3	3.5	2.5	3.1	3.2	1.3	2.2	3.3	1.8	2.5
<b>Cardiovascular Disease (incl diabetes)</b>	20	18.9	19.5	19	19.1	19	20.2	18.7	19	21.3	19.1	20